

Physical Activity, Nutrition and Obesity

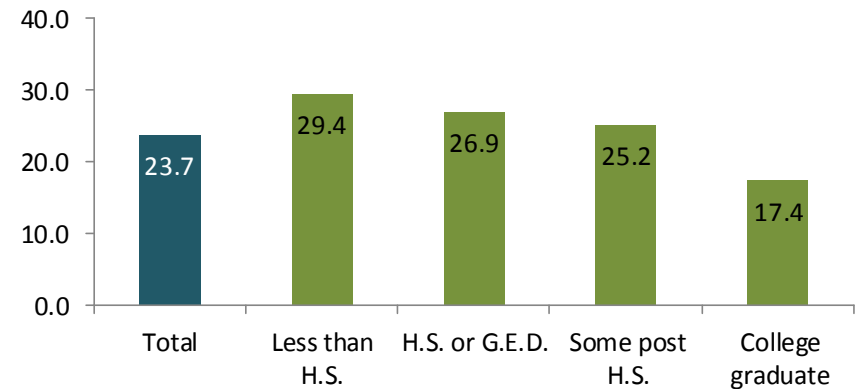
New Jersey Fact Sheet



ADULT OBESITY

- Nearly **one out of four** (23.7%) New Jersey adults are obese¹.
- Over the last 10 years, rates of adult obesity increased **40%**¹.
- Obesity rates vary by level of education. In 2011, Between 2008 and 2010, college graduates were **less** likely to be obese compared to all other levels of education¹.
- **Salem (33.8%), Cumberland (33.2%), and Atlantic (28.0%)** counties have the highest rates of adult obesity in New Jersey while Hunterdon (20.5%), Somerset (21.3%), and Monmouth (21.3%) counties have the lowest rates².
- If obesity rates continue to increase at their current pace, **nearly half** (48.6%) of New Jersey adults will be obese in 2030³.

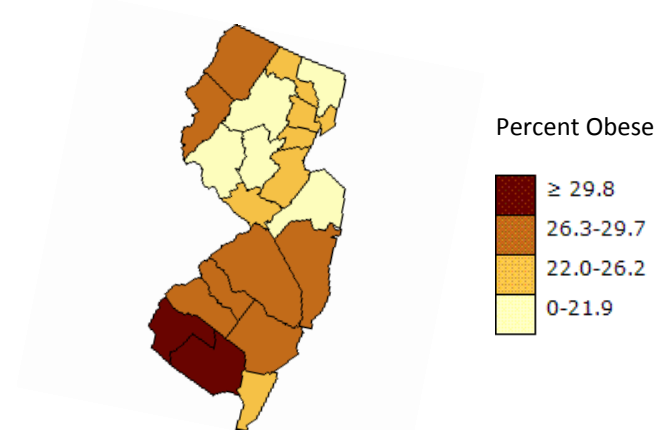
Percent Obese among New Jerseyans 18 and Older by Education, 2011²



CHILD AND ADOLESCENT OBESITY

- New Jersey has **one of the three highest obesity rates** in the nation among low-income children, ages 2-5⁴ (16.5%).
- Nearly **one out of three** (31%) children ages 10-17 are overweight or obese in New Jersey⁵.
- **11%** of New Jersey high school students are obese⁶.
- Today's childhood obesity rates are putting our children on course to be the first generation in this country to **live shorter and less healthy** lives than their parents.

2009 Age-Adjusted Estimates of the Percentage of Adults Who are Obese in NJ



ECONOMIC IMPACT

- New Jersey spent **\$2.2 billion** on obesity-related health care in 2008⁷.
- If obesity rates continue to increase, New Jersey's obesity-related health care spending will **quadruple** to \$9.3 billion by 2018⁷.



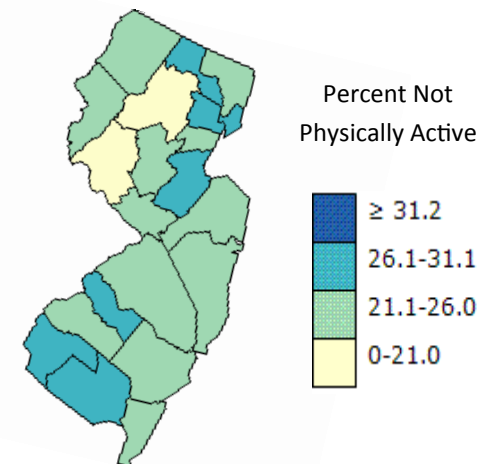
NUTRITION

- **One out of four** (26.4%) New Jersey adults eat or drink the recommended five or more servings of fruits and vegetables each day¹.
- **28%** of New Jersey high school students eat vegetables two or more times per day and **31%** eat fruit or 100% fruit juice two or more times per day⁶.
- **19%** of New Jersey high school students drink a can, bottle, or glass of soda at least once a day⁶.
- **Four out of five** (79.7%) New Jersey mothers have ever breastfed their children and **16%** of mothers breastfed their children exclusively for 6 months⁸.

PHYSICAL ACTIVITY

- **Less than half** (47.5%) of New Jersey adults engage in 30 or more minutes of moderate physical activity per day on five or more days per week OR 20 or more minutes of vigorous physical activity per day on three or more days per week¹.
- **Cumberland (30.7%), Salem (30.6%), and Hudson (28.6%)** counties have the highest proportion of adults who do not participate in any physical activity; Hunterdon (18.4%), Morris (20.5%), and Somerset and Monmouth (21.2%) counties have the lowest².
- **28%** of New Jersey high school students are physically active at least 60 minutes each day per week⁶.
- **One-third** (32.9%) of New Jersey high school students watch television for 3 or more hours on an average school day⁶.
- More than **one out of three** (37.3%) high school students use a computer for non-school related purposes or play video/computer games for three or more hours on an average school day⁶.

2009 Age-Adjusted Estimates of the Percentage of Adults Who are *Not* Physically Active²



REFERENCES

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- ³ Trust for America's Health. Bending the Obesity Cost Curve in New Jersey. 2012. Available at: <http://www.rwjf.org/content/dam/farm/reports/reports/2012/rwjf401485>
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- ⁷ Thorpe, K. 2009. The Future Costs of Obesity: National and state estimates of the impacts of obesity on direct health care expenses. Collaborative report from United Health Foundation, the American Public Health Association and Partnership for Prevention. Available at: <http://www.america'shealthrankings.org/2009/report/Cost%20Obesity%20Report-final.pdf>
- ⁸ National Immunization Survey: 2009. National Center for Chronic Disease Prevention and Health Promotion. Centers for Disease Control. 2012. Available at: http://www.cdc.gov/breastfeeding/data/NIS_data/index.htm